

CHRISTMAS 2014 NEWSLETTER

C A S E O F T H E M O N T H

Richard*, a Brisbane marketer presented to AV Chiropractic at the end of September with left sided acute low back pain, muscle spasms and **tingling into the foot**. His **pain level was 9/10** and he could not stand straight.

Richard followed instructions to the tee. After 6 weeks of treatment Richard completed his progress exam.

He now has **no back pain** or tingling. He feels his **posture, movement** and **walking** have also all improved. The back has progressed faster than he expected in comparison to a similar episode in 2012. He was very impressed with the staff and has learnt a lot in the last month or so about managing his back properly.

*de-identified. Clinical details available on request.

Merry Christmas Everybody!
 Enjoy your holiday break
 Thank you all for your continued support this year!
 From the AV Chiro Team :)



What to do about this heat

Dress in light, loose, cotton clothing

When working outside, take periodic rest breaks in a cool area. So relax, slow down and pace yourself



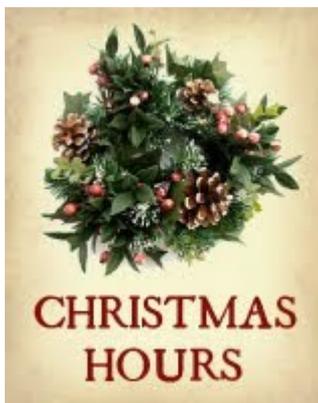
Drink, drink, drink ...
WATER and Non-Alcoholic drinks!! DON'T wait until you feel thirsty - **STAY HYDRATED**

Keep cool with fans, air conditioning and cool baths or shower

Schedule physically strenuous activities for cooler times

Use sunscreen of SPF 15 or higher

Get plenty of sleep and eat light, nutritious, and non-fatty meals. Eat foods high in water content, like fruits & vegetables



Christmas Eve: 7am - 2pm
 Christmas Day: Closed
 Boxing Day: Closed
 Saturday 27 Dec: Closed
 Monday 29 Dec: 7am - 6pm
 Tuesday 30 Dec: 7am - 6pm
 New Years Eve: 7am - 2pm
 New Years Day: Closed
 Friday 2 Jan: 7am - 6pm
 Saturday 3 Jan: 9am - 12 noon

Mark is away from 22 December - 6 January
Nick is away from 29 December - 4 January
Andrew is away from 19 January - 1 February

Visit us in December and in ten words or less describe why you like coming to Andrew Vincent Chiropractic. The most creative answer will win our **2014 Christmas Hamper** valued at over \$400
 (One entry per chiropractic/massage treatment) Drawn: Friday 19th December 2014



— Pete Evan's Raw Christmas Puddings —

PUDDING

- 60g dried figs
- 2 tbsp. orange zest
- 50g flaxseed meal
- 2 tbsp. dried sour cherries
- 1 tsp fresh ginger, grated
- 100g dried apricots
- 250g fresh dates, pitted
- 170ml almond meal
- 1 tsp vanilla extract
- ¼ tsp allspice
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp ground ginger
- ¼ cup orange juice
- 1 tbsp. coconut oil

FROSTING

- 100g raw organic cacao butter, chopped
- 100ml coconut cream
- 40g maple syrup, good quality



1. Line 8 small 5cm (2-inch) diameter moulds or 50ml capacity small cups with plastic wrap.
2. Combine all the ingredients, except for the orange juice and the coconut oil, in a food processor and blend until the mixture forms into a crumb-like consistency. Remove from the food processor, place in a large mixing bowl and add the orange juice and coconut oil. Knead the mixture until it comes together into a large ball.
3. Divide the pudding mix into 8 portions and pack into the moulds firmly. Refrigerate for 15 minutes to firm. Remove from the moulds, peel off the plastic wrap and place on a tray.
4. Meanwhile, to make the frosting, place the cacao butter in a bowl over a saucepan of boiling water and stir until completely melted. Remove from the heat and then mix in the coconut cream and maple syrup until well combined. Cool at room temperature to thicken the frosting, stirring occasionally.
5. Spoon the frosting over the puddings and refrigerate for 10 to 15 minutes or until the frosting is firm.
6. Decorate the puddings with some fresh raspberries and serve. *(Serves 8)*

Fee increase as of 1 January 2015

After holding our fees at the same level for the past two years we must now revise them to accommodate increases in business costs.

Initial Consultations	\$130	30 minute massage	\$55
Adult Adjustment	\$65	60 minute massage	\$95
Concession Adjustment	\$55		

STAFF NEWS

Andrew flies to Santiago in Chile on January 19th for some Father-Son time with Isaac.

Mark is excited to have one child through high school... two to go!

Aidan is preparing for his pediatrics examination

Matt is house shopping at the moment.

Nick - a baby on the way. A big congratulations!!

Louise passed her exam and got top marks!

Marnie can't wait to go scuba diving in Bora Bora

Sarshia is looking forward to going home to NZ for Christmas

Jordyn is excited to go home for Christmas and finish planning her wedding

Eli is looking forward to moving to Melbourne next year to pursue his music career.

Kara had a great time in America and is planning to go again next year.

Natasha is preparing for her amateur boxing debut in February